

"A team above all,

above all a team"

Record Lowe

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Sophie Ward is returning to form in fine style by lowering her own English Record and in doing so setting a new British Age Record (14), the previous mark was set at 1.01.48 by World medalist Jemma Lowe, the record books now read 1.01.37!



Coach Greenwood " Its the first British Record for Sophie an am sure it won't be her last"

In the press conference following her swim Wardy commented " Am really happy with my swim and am sure I can break more records along with my Team mates, with help from our top Coach"



[3 On The Bounce !!!](#)

The Manchester Open proved to be another great weekend of swimming for our Gallica stars!!

This is the third year we have been to this meet and even though the swimmers may still be lifting heavy in the gym and swimming tough in training we still manage some fantastic performances!!

There was a great Team atmosphere on the poolside, with swimmers learning to deal with long sessions and still managing to perform at their best. This is a skill that must be learnt at a young age, coping with sitting for long periods of time in a hot humid atmosphere is difficult but when these swimmers get international call ups (and some certainly will) where the sessions may be just as long and the event may span 5, 6, 7, 8 or even 9 days as the coming Olympics are they will be well prepared. [Continued on Page 2](#)

Newsletter

May 2008

Issue 12

British Age Group Records

If we take a look over the last 4 years at all the British/English Age Records that have fallen to Gallica's swimmers they look something like this:

British Records

2007

Dan Sliwinski (Preston SC) 50 brst (16)

Tom Young (Carnforth Otters) S8 100 bk (15)

2008

Dan Sliwinski (Preston SC) 50 brst (17)

Dan Sliwinski (Preston SC) 100 brst (17)

Dan Sliwinski (Preston SC) 200 brst (17)

Sophie Ward (Fleetwood SC) 100 fly (14)

Tom Young (Carnforth Otters) S8 100 bk (16)

Tom Young (Carnforth Otters) S8 200 bk (16)

English Records

2008

Rob Bale (Carnforth Otters) 200 fc (17)

Sophie Ward (Fleetwood SC) 100 fly (14)

With still the major home and international meets to come Gallica swimmers may still yet have time to re-write the record books!!

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It had been a long 4 sessions but it was good see so many swimmers and parents stay behind to watch Sophie Wards attempt at the British 14 years 100 fly record, although all other teams had packed up and were off home and the spectator gallery was empty apart from the Gallica faithful we managed to create an atmosphere that speared Sophie on to a time of 1.01.69, which is a new English Age Group record!! Wardy said "having so many stay behind shouting and making plenty of noise really did help me swim so fast!"

To add to Sophie's fantastic achievement, there were a number of new National qualifying swims, not to mention the host of personal bests gained over the weekend, with a couple of swimmers enjoying their first swim in Gallica colours.

Young Steph Slater and Antony Evitts son of Gallica's founding father Dave Evitts were there to collect the Top Team trophy (and cash), this is the third year in a row we have won again showing why we really do have a great programme.



Committee's Corner

Well, who would have thought that we would be writing so quickly regarding the fantastic results our swimmers have had recently.

To top off what could only be described as an 'incredible weekend', Manchester Open meet was nothing short of a resounding success for everyone competing. With everyone's hard work both competitors and of course not forgetting our mass of extremely vocal supporters we yet again secured 'Top club' position for the 3rd year in succession.

Not only did we have Sophie Ward breaking the 100 Fly English record, we must also give a massive congratulations to our age group and youth swimmer's, swimming some great personal best times with a number of them achieving national qualifying times for the first time.

The following weekend saw even more success for Sophie who more determined than ever went to the Derventio meet at Sheffield and took the crown yet again in the 100Fly and in doing so broke the long standing British record for this event.

It's amazing when a squad swimmer breaks any record and as we all know this can only be achieved through hard work, determination and the full support of everyone involved.

With Sophie's new record this now brings the total of Gallica British record holders to 4, Danny Sliwinski, Rob Bale & Tom Young have all now written the Gallica history books with some outstanding results throughout this season.

Looking forward to June's competitions, we must wish our two intrepid Open Water swimmers James Radcliffe and Sarah Lucas the best of luck with their quest at the French Open Water Swimming Cup which takes place in Toulouse, France, who along with coach Dougall will be jetting off on their travels on the 20th June. Let us all hope that the water will be a lot warmer there?

Finally, not forgetting our many age groupers who will be competing at the regional championships in both individual and relay events over the next 2 weekends, we are sure that with everyone's full support and plenty of noise from the balcony this will give all our swimmers the results they all fully deserve.

5 Steps 2 A Successful Swim Clinic

North Lancashire Camp Success;

The spring bank holiday brought swimming skill in abundance to coastal Lancashire. 30 future north Lancashire swimming stars descended on Palatine Leisure Centre for the “5 Steps to Success” swim clinic. The concept of the clinic, was to bring together enthusiastic age group swimmers from the North Lancashire district, and focus on key progressive skills on a “stroke a day” basis. Each day had a stroke theme which involved skills being honed, both on water and land. Monday to Thursday concentrated on Butterfly through to Front crawl respectively. Progressive stroke drills were taught to allow swimmers to take away newly acquired knowledge and apply it in their home program. The land work highlighted specific exercises that would assist the young athletes to develop each stroke. All movements were delivered in a way that promoted both an understanding of the exercise and fun, a fundamental consideration to help the swimmers retain the tools for the long term. All the coaching staff thought that this was the paramount aim of the clinic. Friday saw the culmination of the skills, with a competitive day. Skills taught on Friday were to help the swimmer convert training skills to competitive ones; encouragement to feel positive, fast and aggressive in races was delivered with help from two sport psychologists from the University of Central Lancashire. The psychologists tutored “Mental Training” skills to help the swimmers isolate thoughts and emotions to assist physiological training. Each athlete was encouraged to discover new ways of being “*training and meet ready*”. The main theme running through the camp was to bring together like minded, motivated swimming youngsters, and give them a specific camp based around their needs. The camp gave enjoyment coupled with skill acquirement and skill development. A fantastic week was had by both swimmers and coaching staff. Lancashire has some of the most talented age group swimmers in the country, and it has been a pleasure delivering this clinic to such a fantastic group of these enthusiastic and driven young people.

May I also take this opportunity to thank the following people for all their help, without whom the camp wouldn't have been possible;

North Lancashire Swimming Association

Blackpool Council

Gary & Janice Whittle

Amy Whitehead- Sport Psychologist

Helen O'Donnell- Sport Psychologist

All affiliated clubs for the promotion of the clinic

Coaching and administration staff

Parents and swimmers

Thank you all for making this clinic a success...

And Finally.....

North Lancs Success.....Again!!!!

The recent Inter association competition, that took place at Everton Park sports centre in Liverpool, has seen the team from North Lancs win the event once more.

Although this years points tally was the closest for a number of years, the team continues to dominate this event, and we at Gallica are proud to be associated with the North Lancs team, with 12 swimmers who train with us, representing the association.

With so many of the team gaining personal best performances, and the overall team success, this is a clear indicator of the quality and talent we have in the North Lancs area. Well done guys!!!!

New TYR Male Kit Items (Female @ the Top)
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